PERFECT **POTATO PANCAKES**

INGREDIENTS

- 4 large potatoes (about 3 lbs)
- 2 eggs, lightly beaten
- ½ cup all-purpose flour
- ½ cup finely diced onion
- 1 tsp salt
- ⅛ tsp pepper
- Oil for frying
- Maple syrup or applesauce

Prep Time: 20 minutes
Cook Time: 10 minutes per batch
Yields: 16 pancakes

1. Peel and shred potatoes, then place in a bowl of cold water. Line a colander with cheese cloth or paper towels. Drain potatoes into cloth and squeeze out as much moisture as possible. In a large bowl, combine the potatoes, eggs, flour, onion, salt and pepper.
2. In an electric skillet, heat ¼ in. of oil over medium heat. Drop batter by ¼ cupfuls into oil, about 3 in. apart. Press lightly to flatten. Fry until golden brown, about 4 minutes on each side. Drain on paper towels. Repeat with remaining batter. Top with maple syrup or applesauce.

WEIGHTS

IMPERIAL	METRIC
1 oz	30 g
6 oz	185 g
1 tsp	5 ml
1 tbsp	15 ml
¼ cup	60 ml
½ cup	125 ml
¾ cup	180 ml
1 cup	250 ml
2 lbs	1 kg

GERMAN **SAUERKRAUT SOUP**

INGREDIENTS

- 2 lbs pork spareribs
- 3 quarts water
- 2 cups diced peeled potatoes
- 2 carrots, chopped
- 1 tsp salt
- ½ tsp pepper
- 4 cups sauerkraut, rinsed and drained
- 1 lb smoked sausage, cut into 1-inch slices
- 5 bacon strips, diced
- 1 large onion, chopped

Prep Time: 2 hours
Bake Time: 40 minutes
Yields: 12 servings

1. In a Dutch oven, cook ribs in water until tender, about 1½ hours. Skim off foam. Remove ribs from broth and strain broth and skim fat.
2. Return broth to the heat. Add the potatoes, carrots, salt and pepper, then simmer until vegetables are tender. Remove meat from bones and add to broth with the sauerkraut and sausage.
3. Meanwhile, cook bacon until crisp. Remove to paper towels to drain. Discard all but 1 tbsp of the drippings. Cook onion in drippings until tender. Add to soup and cook 20-30 minutes longer. Ladle into bowls. Garnish with bacon.

NUTRITIONAL INFORMATION
Amount Per Serving (1 cup):
Calories: 325 / Fat: 23g
Cholesterol: 72mg / Sodium: 1,041mg
Carbohydrate: 10g / Fibre: 2g
Protein: 18g

HONEY LEMON **SCHNITZEL**

INGREDIENTS

- 2 tbsp all-purpose flour
- ½ tsp salt
- ½ tsp pepper
- 4 pork sirloin cutlets (4 oz. each)
- 2 tbsp butter
- ¼ cup lemon juice
- ¼ cup honey

Total Time: 25 minutes
Yields: 4 servings

1. In a large resealable plastic bag, combine the flour, salt and pepper. Add pork, two pieces at a time and shake to coat. In a large skillet, cook pork in butter over medium heat for 3-4 minutes on each side or until juices run clear. Remove and keep warm.
2. Add lemon juice and honey to the skillet. Cook and stir for 3 minutes or until thickened. Return pork to pan and cook 2-3 minutes longer or until heated through.

NUTRITIONAL INFORMATION
Amount Per Serving (1 cutlet):
Calories: 174 / Fat: 8g
Cholesterol: 33mg / Sodium: 368mg
Carbohydrate: 22g / Fibre: trace
Protein: 6mg

Subtle SWITCH

Schnitzel is basically a piece of boneless meat, thinned with a meat tenderizer, coated and fried. Not a fan of pork? Substitute one of these meats instead:

- Veal
- Beef
- Turkey
- Chicken

GREEN BEANS IN **BEER SAUCE**

INGREDIENTS

- ⅓ lb bacon strips, diced
- 1 pkg (16 oz.) frozen cut green beans, thawed
- ⅓ cup beer or nonalcoholic beer
- ⅓ cup butter, cubed
- 3 tbsp brown sugar
- 3 tbsp white vinegar
- 4 tsp cornstarch
- 2 tsp grated onion

Total Time: 25 minutes
Yields: 4 servings

1. In a large skillet, cook bacon over medium heat until crisp. Meanwhile, in a large saucepan, bring the beans, beer and butter to a boil. Reduce heat and cover and simmer for 8-10 minutes or until beans are crisp-tender.
2. Using a slotted spoon, remove bacon to paper towels to drain. Remove beans with a slotted spoon and keep warm.
3. In a small bowl, combine the brown sugar, vinegar, cornstarch and onion until blended. Stir into the saucepan. Bring to a boil then cook and stir for 1-2 minutes or until thickened. Add beans and heat through. Sprinkle with bacon.

BREW MASTER

Why use beer in cooking?

- It imparts interesting new flavours to dishes such as bitterness from the hops and sweetness from the malt.
- Enzymes in the beer have a tenderizing effect that makes it a valuable ingredient in marinades.
- It can be used in a whole range of cooking techniques including baking, braising and poaching.